SMOKE FREE SIGNALS ENALS ENALS

This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

Friday, July 23, 2021



MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITES, IMPROVING HEALTH OUTCOMES

WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our July biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

HIGHLIGHTS

- Outbreak of Lung Injury Associated with the Use of E-Cigarette or Vaping Products
- **3** Air Is Life Every Breath Is Sacred Petition
- 4 FREE RESOURCES!

Outbreak of Lung Injury Associated with the Use of E-Cigarette or Vaping Products

In 2019, many health care workers around the country noticed strange vaping-related injuries among young patients. After investigation by state and federal public health agencies, an outbreak was announced due to the increasing pattern of teenagers being diagnosed for interstitial pneumonia. EVALI, which stands for e-cigarette or vaping product-use associated lung injury, led to hundreds of hospitalizations and dozens of deaths in 2019. As of February 18, 2020 the EVALI outbreak led to 2,807 hospitalizations and 68 deaths in the United States. The U.S. Centers for Disease Control and Prevention concluded that vitamin E acetate, an ingredient sometimes used in THC-based vape fluids, is linked to the health condition.

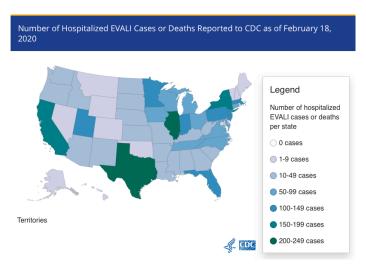
Though discussion of EVALI has died down in most news outlets, health care providers, parents, and caretakers should still be aware of smoking/vaping history in 2021. A <u>Stanford University School of Medicine</u> study found that those who vape are five to seven times more likely to be infected with COVID-10 than those who do not use e-cigarettes.

Additionally, EVALI and COVID-19 share many symptoms but have very different treatments plans. With the COVID-19 pandemic, it is easy to miss an EVALI diagnosis. Recent studies show that vaping among teenagers has increased due to COVID-19 because of isolation, loneliness, stress, and lack of social support.

EVALI Symptoms:

- ♦ Abdominal pain
- ♦ Chest pain
- ♦ Chills
- Cough
- Diarrhea
- ♦ Fever

- Nausea
- ♦ Shortness of breath
- ♦ Stomach Pain
- **♦** Vomiting
- ♦ Weight loss

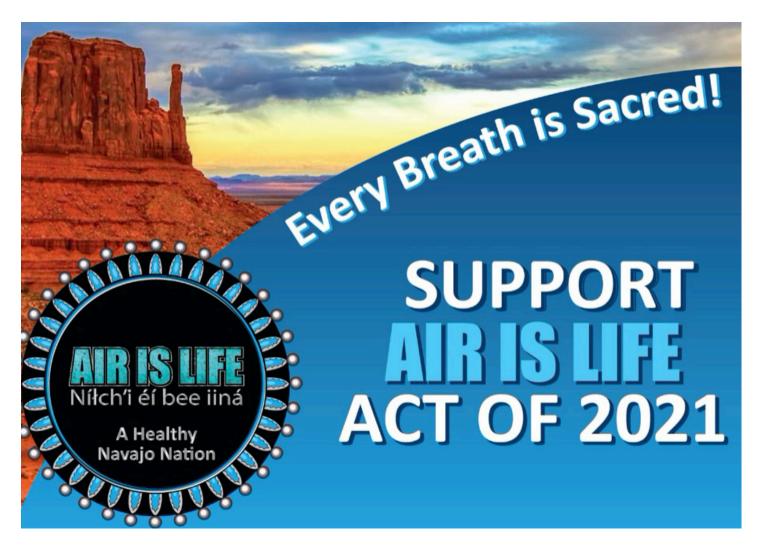


For more information visit:

https://www.drugwatch.com/e-cigarettes/how-to-quit-vaping/

Air Is Life – Every Breath Is Sacred

The <u>Air is Life Coalition</u> will be proposing the Navajo Nation Niłch' éí Bee Ííná –Air is Life Act of 2021 to the 24th Navajo Nation Council. This Act will make Navajo Nation 100% smoke-free within workplaces and public places in the Navajo Nation – which includes Navajo Gaming Casinos. Let us protect the health of all Navajo people, workers, and visitors! Sign the Air is Life Act of 2021 petition in support of this important public health policy for the Navajo Nation.



Sign the Air Is Life Petition at: https://no-smoke.salsalabs.org/airislife2021/index.html

FREE Resources

HIGHLIGHT: Smoke Free Signals Education Videos

The next video of the Secondhand Smoke and Tobacco Education Video Series, *How To Protect Our Children From Secondhand Smoke*, will be published TODAY on the Smoke Free Signals website and Facebook page. Stay tuned every Friday, as a new video will be released for your learning and enjoyment experience.

The educational video series can be viewed on the Smoke Free Signals <u>WEBSITE</u> or Facebook Page <u>@SmokeFreeSignals</u>.



To watch Smoke Free Signals' Education Video visit: https://www.smokefreesignals.com/education-videos

FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at **SmokeFreeSignals@gmail.com**



This is a Smoke-Free and Vape-Free Vehicle



This is a Smoke-Free and Vape-Free Home

FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook @Smoke Free Signals!

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email <u>JConcho@keresnm.com</u> to be removed from the listserv directory.